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Positive Psychology and Character Strengths: Application to Strengths Based School Counseling

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**Positive Psychology and Character Strengths: Application to Strengths-Based School Counseling**

This article provides an overview of positive psychology and the Values In Action (VIA) project that

classifies and measures 24 widely recognized character strengths. By using specific techniques with

positive actions it can create happiness and fulfillment of children and youth.

This author appreciates the acknowledgement of the fact that students’ character is not a luxury but

a necessity. Promoting optimal lifelong development as a goal for all is beneficial for the healthy minds

of our youth, not only for flourishing and thriving, but for optimal human development.

This author also likes the way the writer emphasizes the positive traits in the strengths of youth, and

that these traits need to be recognized, celebrated and used.

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Reference

Nansook, P., Ph.D., & Peterson. C., Ph. D. (2008). Positive psychology and character strengths:

Application to strengths-based school counseling. *Professional School Counseling,* 12(2) 85-92.